

# Re-alerting Tips

## Adapted from Max Shapiro, PhD

### Exiting Trance

Counting Up or Down (Usually the opposite of how you deepened, if counting was used)

When you're ready to come outside, you can do so smoothly and easily by counting with me now, and later by yourself when you're practicing hypnosis.

We'll count together from one to twenty ( or, 30 or 40 for people very deep in trance) together, each of us counting every other number out loud. I'll say one and when you're ready to go to a lighter level of trance, you'll say two. I'll say three and when you're ready to go to a lighter level of trance, you'll say four. Each number you say will bring you up to a lighter level of trance so that when we get to twenty (or, whatever number you've selected), you'll be all the way back to the outside world, feeling strong in mind, strong in body. OK ?

(Count slowly, interspersing de-hypnotizing comments as the client responds. Each client will show you his/her preferred pace of exiting trance. Typically, the lag time between your count and the client's response will shorten as the patient comes back to the external world. Your job is to observe and be respectful of the client's rhythm.

Typical exiting suggestions inserted in your count are below:

[Early in count---] Store away in your inner mind the suggestions, learnings, and experiences that will be of most value to you, while you discard anything that should be left in the trance state. Perhaps becoming more aware of the outside world: sounds around you, the temperature in the room, the feeling of the chair supporting you, etc., etc.

[Midway in count---] As your attention starts to drift back to the outside world, gather up some of the energy you've discovered and bring it back with you as a kind of liveliness, vitality and energy you can feel in your fingers and toes. That liveliness will make those muscles move, or flex or stretch as that energy flows into the other muscles in your body: arms, shoulders, neck, head, down your back

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and down your front, through your whole trunk, legs, feet, toes... moving, flexing, stretching. Re-connecting with your body. You may even find yourself stretching, swallowing, or yawning, perhaps even after you come out of trance.

[ Late in count---] As you come back to the outside world, you may feel the sensation of a pat on the back, for a job very well done.... You might feel a rosy glow that may even stay with you after you leave here, and even on into the future. [At 19] When you're ready to come completely out of trance, you might imagine splashing some cool water from a crystal-clear mountain stream on your eyelids.... so that when your eyes open there'll be a clarity and focus and liveliness that you can really enjoy. )

Tell me about your experience.

( This specific phrase is recommended to most fully encourage clients to share their unique experience.)

[NB: "come outside" in line 1 is the obverse to "go inside", previously set as a cue phrase for (re)induction.]

The above structure seems to generate a collaborative process and also makes it less likely that the patient is "left behind" in trance while the clinician blithely counts on.